

ERIC Document Resume		See Instruction Sheet		DATE OF RESUME		DATE RECEIVED	
A. PUBLICATION DATA							
1. RESUME NUMBER ED001033		2. ORIGINATOR CONTROL NO(S). N.A.		3. IDENTIFICATION NO. N.A.		DO NOT WRITE IN SPACE BELOW MICROFILM COPY AVAILABLE YES ☐ NO ☐ COPYRIGHT GRANTED YES ☒ NO ☐ COPYRIGHT RELEASE FILED YES ☐ NO ☐ TYPE OF REPORT PROPOSAL ☐ IN-PROGRESS ☐ FINAL ☐ FOLLOW-UP ☐ OTHER ERIC REFERENCES: ERIC SATELLITE CODE	
4. AUTHOR(S): N.A.							
5. TITLE OF DOCUMENT ABSTRACTED: Information About Narcotics - Resource Material for Teachers							
6. PUBLICATION TITLE: N.A.							
7. EDITOR(S): N.A.				8. PLACE OF ORIGIN ORG. Board of Education ST. Chicago, Illinois CITY, STATE TELE. EXT. INST/LOC CODE			
9. PUBLISHER OR SOURCE Board of Education of the City of Chicago							
10. VOL. N.A.	11. PAGES N.A.	12. MO./YR. 64	13. TOTAL PP. 15				
B. INDEXING DATA							
14. SUBJECT AREA				15. TYPE OF ENDEAVOR resource material			
16. INDEXING TERMS (8-12)							
narcotics		student attitudes					
delinquency		parental attitudes		truancy			
drug addiction		crime		drop-outs			
17. ABSTRACT (MAX. 250 WORDS)							
A short history of narcotics and their legal control in the United States is presented with an explanation of addiction and methods of its prevention. Teachers are informed of ways in which to identify addicted students. For example, they may be closely observed in physical education classes, and abnormalities investigated by a physician. Information included which teachers may present to students about narcotics concern: common personality types among drug addicts; treatment of addicts; agencies concerned with drug addiction; the relationship between addiction and crime; the benefits of narcotics to human welfare when used properly, and their dangers when used wrongly; kinds of narcotics-sedatives, stimulants, and hypnotic drugs; and a glossary of scientific and slang terms. A bibliography of instructional materials for students and teachers is appended.							
ERIC No.	18. SOURCE OF ABSTRACT						
	C. FUNDING DATA						
	19. SUPPORTING ORGANIZATION			20. DIVISION OR DEPT.		21. CONTRACT NO.	
				22. TOTAL COST OF PROJECT		PROJECT NO.	
				23. DURATION OF PROJECT		U.S. Department of Health, Education, and Welfare Office of Education	

INFORMATION

ABOUT

Narcotics

*Resource Material
for Teachers*

BOARD OF EDUCATION
CITY OF CHICAGO

ED 001033

INFORMATION ABOUT NARCOTICS

Resource Material for Teachers

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Board of Education
of the
City of Chicago
Chicago, Illinois

BENJAMIN C. WILLIS
General Superintendent of Schools

BOARD OF EDUCATION
CITY OF CHICAGO

Educational Materials Laboratory

MAY 1965

DEPARTMENT OF
HEALTH, EDUCATION, AND WELFARE

FOREWORD

This publication was prepared for the purpose of providing a current, accurate overview of the narcotics problem in the United States and in Chicago. The publication is to serve as supplementary resource material for health teachers in the secondary schools and is to be used in connection with the health education curriculum guide.

The material was prepared jointly by the Department of Curriculum Development, the Bureau of Medical and School Health Services, and the Division of Health, Physical Education, and Safety.

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Sincere appreciation is extended to Irving Abrams, M.D., Director of the Bureau of Medical and School Health Services, and to Barbara A. Hawkins, Supervisor of Health and Physical Education, for the preparation of this material.

Cover Design by Homer Freese

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INTRODUCTION

The narcotics problem is a serious one, especially among older adolescents and young adults in a large city such as Chicago. When the teen-age addict is not able to obtain the funds to pay for his addiction, he usually is absent from school. He hopes to avoid detection by his teachers and to have more time to find ways of obtaining his supply of drugs. After school truancy, he usually drops out of school entirely. Delinquency and crime often follow.

A healthful school atmosphere, with understanding teachers in whom teen-agers have confidence, is most important in combatting the problem of drug addiction. An informed faculty and student body also will be of assistance in preventing the illegal use of drugs. It is urged that the sociological aspects be stressed with students and that the physical aspects be minimized in order to avoid sensationalism. This publication is not to be given to or to be used by students at any time. It is to be used only by the educational staff.

RESOURCE MATERIAL FOR TEACHERS

Purposes

This publication is intended to serve the following purposes:

- to provide accurate information for teachers about the nature and use of narcotics
- to acquaint young people, through teachers, with the serious problem of the illegal use of narcotics
- to emphasize the sociological rather than the physiological aspects of the problem.

Desired Outcomes

This publication is directed toward the following goals:

- developing proper attitudes concerning narcotics
- learning that illegal narcotic traffic and addiction are closely associated with crime rates and delinquency
- understanding the values of narcotics to human welfare
- knowing state and federal laws governing narcotic traffic and addiction
- understanding the improper use of narcotics and methods and means of avoiding their use
- recognizing that all drugs are potentially dangerous and should be taken only when prescribed by a physician
- recognizing that health and fitness are attained and maintained only through one's own efforts rather than through dependence upon drugs
- arousing pupil, parent, and community interest in helping to solve the problem of illegal narcotic traffic in the city of Chicago.

Information for Teachers

History and Legal Controls

For centuries, man has used various habit-forming substances to ease the strain of adjusting to his environment. Coffee, tea, alcohol, and tobacco are some of these; it is difficult for habitual users of these substances to do without them. The most serious of the habit-forming substances, however, are the natural and synthetic narcotic drugs. Drug addiction and crime are closely associated.

The production of narcotics is a profitable enterprise; in some of the opium-producing countries especially, it is a prime source of revenue. The chief opium-producing countries now are in the Middle and Far East. There is considerable marihuana traffic from Mexico. Communist China is a great manufacturer of heroin.

The narcotic problem is a global one; narcotic production and traffic affect all nations in some way. Many attempts have been made to control world-wide production and traffic of narcotics, but because of man's nature, life's stresses, and the huge sums of money to be gained, the battle for control is a constant one. International controls are effected through the United Nations Commission on Narcotic Drugs and through the World Health Organization.

Prior to the enactments of federal laws controlling narcotics in the United States, drug addiction was very widespread in this country. In 1914, the Harrison Narcotic Law was passed; it was amended later. It controls all opiates and the cocaine series of drugs and prohibits the importation of heroin for any purpose. In 1937, the Marihuana Tax Act, which controls the sale and possession of marihuana, became a federal law. In 1932, the Uniform State Narcotic Drug Import and Export Act was passed and, by 1940, almost every state in the Union had adopted its provisions. The Federal Bureau of Narcotics was created in 1930.

Since the passage of the Import and Export Act, synthetic narcotics have been put under the same controls as opium and cocaine. The Narcotic Control Act was passed in 1956 to strengthen federal efforts in controlling violations in narcotic drug traffic. It provides for strict penalties and gives greater power to the Bureau of Narcotics and the Bureau of Customs. In 1959, the State of Illinois revised all of its laws pertaining to narcotics and increased the penalties for engaging in illegal drug traffic. The Uniform Drug Act was amended to increase the penalties for selling, prescribing, administering, or dispensing any narcotic drug to any person under twenty-one years of age.

Addiction

Drug addiction is defined as the habitual use of a substance which induces a false sense of mental and physical well-being in the user. It is a state in which an individual periodically or chronically loses the power of self-control due to repeated consumption of a drug and abuses the use of the drug to such an extent that the individual and/or society is harmed. It is a condition in which a person compulsively uses opium, or any equivalent drug, to such an extent that he becomes physically and emotionally dependent upon it.

Drug addiction is a medical problem and can best be treated by therapy rather than by punishment. In some instances, addiction occurs because of a continuing dependence upon a drug following an illness for which a drug was administered. Narcotic drug addiction is usually described as including three closely related factors: tolerance (decrease of effect), physical dependence, and habituation. It often has its roots in emotional immaturity with a number of handicaps in one's ability to face life. These include such elements as poverty, insecurity, social minority, and lack of parental love and affection; in adolescents it is believed that many start to use drugs because they have been rejected and want to belong to a group. They want to be "one of the gang."

Prevention. The most important factor in preventing drug addiction is the development of a healthy personality. It is essential to develop the idea, through education, that the addict is inadequate, dependent, and so helpless that he must run away from reality. He is to be pitied rather than admired or followed. He is the type of personality that no self-respecting, well-adjusted adolescent or young person would want to be or associate with.

Parents must know their own children and their children's companions. They must be alert to the ways in which their children spend their time, especially during out-of-school hours. Educators and community leaders must, also, be alert to children's and young people's actions as well as to their health and recreational needs and pursuits.

Children and young people must:

- use caution in the selection of companions
- avoid taking cigarettes or other substances from strangers
- avoid contacts with those who are addicts
- be informed and receive instruction through schools and other appropriate agencies rather than from questionable companions.

School personnel must be watchful concerning the following situations:

- corner hangouts of older boys and girls

candy stores, school store luncheonettes, pool halls, and similar places which are frequented by teen-agers
 apartments and rooming houses where there is unusual in-and-out traffic of young people
 well-dressed "sharp" persons who hang around and seem to be unemployed
 stairways, hallways, cellars, roofs, and vacant buildings where such items as the following are seen:
 empty gelatin capsules, medicine droppers, small papers used to wrap narcotics, bent safety pins, bent spoons or bottle caps in which something has been burned, numerous burned matches, pieces of cotton.

Some other factors which are of importance in the prevention of drug addiction are:

the adoption of laws which have very severe penalties for the illegal sale of drugs

rigid enforcement of existing laws

compulsory treatment of addicts to prevent "contagion"

careful and close follow-up of those who have been treated to prevent them from returning to the drug habit

expansion of research programs dealing with the causes and treatment of addiction

provision of separate hospital or treatment space for young addicts

maintenance of a narcotics squad in every city police department

identification of peddlers and cessation of the distribution at this level as well as at the national and international levels

maintenance of strict controls governing the production of all drugs

proper, cautious prescription of drugs by physicians and other legal dispensers of drugs

increased budgets and staffs for government agencies dealing with narcotic control.

Common Personality Types among Drug Addicts. Drug addiction is usually an indication of a basic personality maladjustment. In general, there are four types of persons who become addicted.

1. Normal individuals who become addicted accidentally

Included in this group are individuals who have been given a

narcotic during medical treatment. However, they have some emotional problem which causes them to continue the use of the drug beyond the period of medical need. Stable individuals stop using the drug.

2. Individuals who have psychoneurotic disorders and take drugs to relieve whatever symptoms they have
3. Psychopathic individuals who usually become addicted through contact or association with persons who are already addicted

These individuals are usually emotionally underdeveloped, aggressive, and hostile; they take drugs for the pleasure which comes from relieving inner tensions.

4. Psychotic individuals who think that they are able to make better adjustments while taking narcotic drugs

These are usually persons who are mentally ill or on the borderline of mental illness.

Treatment of Drug Addicts. The youthful addict who has just started on his road to addiction has a good chance of being cured if his addiction is discovered early, if appropriate treatment is given promptly, and if these are followed by a change of environment and companions. Those who have been addicted several months are more difficult to cure. Those who have had several relapses are almost beyond rehabilitation.

There are three factors involved in drug addiction which make treatment a long and arduous process. The person has an overpowering desire to continue taking the drug, he develops a tolerance to the drug so that he tends to increase the dose, and he develops a physical dependence on the effects of the drug.

The treatment of a drug addict consists of freeing him of his dependence on the drug to which he is addicted. This means withdrawal of the drug, often with severe effects, accompanied and followed by skilled psychiatric treatment.

A drug addict should be placed in a well-managed narcotic hospital where he will be cared for by persons who are trained in treating addiction. He should remain until he is cured of his habit and until the underlying causes of his addiction have been satisfactorily adjusted in his own mind.

Effective treatment consists of the following:

careful, gradual withdrawal substituting morphine or a synthetic analgesic or both, in gradually smaller amounts and at longer intervals, using glucose intravenously or using other measures to relieve severe vomiting or diarrhea; such treatment requires careful observation and control under skilled persons

hospitalization which should last four to six months or longer

psychiatric care during and after treatment

group therapy, occupational therapy, recreation, and spiritual guidance to supplement psychiatric care

the use of the drug Nalline on paroled addicts.

Hospitalization, with few exceptions, is necessary for treatment. Some state mental hospitals, a few general hospitals, and some private mental hospitals will care for drug addicts. The majority of these are either overcrowded or too expensive for the long treatment necessary, or they lack personnel trained specifically to treat addicts.

Persons who are addicted to drugs controlled by the amended Harrison Narcotic Law are eligible for treatment as federal prisoners, federal probationers, or as voluntary patients at the United States Public Health Service hospitals in Lexington, Kentucky, or in Fort Worth, Texas. Applicants for voluntary treatment should write to the Surgeon-General of the United States Public Health Service, Washington, D.C. These patients are charged a minimal fee per day if they or their families can afford it; otherwise, treatment is free.

Agencies Concerned with Drug Addiction. The following agencies are concerned with one or more aspects of the problem of drug addiction:

Commission on Narcotic Drugs of the United Nations Economic and Social Council
Bureau of Narcotics, United States Treasury Department
World Health Organization
United States Public Health Service
Illinois Crime Prevention Bureau
Chicago Crime Commission
Narcotic Bureau, Chicago Police Department
Crime Prevention Council, Chicago

Addiction and Crime. The person who uses a habit-forming drug becomes progressively less dependent upon his own resources and abilities. He loses his ambition, his courage, and his industriousness. In order to obtain the money for his drug supply, he often resorts to stealing and other forms of crime. If a teen-age addict can not obtain money to pay for his expensive drug supply, he usually becomes truant and, ultimately, drops out of school. He does this because he is afraid of being discovered by his teachers, because he has to have more time to get money, and because he has to have more time to buy his drugs. Delinquency and crime usually follow.

Addiction is largely a problem of young people in big cities; Chicago, Los Angeles, New Orleans, New York, and San Francisco are the main centers of addiction in the United States. Because addiction results in moral, physical, and mental degradation and a loss of free will, the addict is capable of vicious and criminal actions. A large number of

crimes which are committed for money are perpetrated by addicts. Many crimes of violence are committed by addicts while they are under the influence of drugs such as marihuana, heroin, opium, cocaine, morphine, and codeine; marihuana and heroin are the most widely used drugs.

Values of Narcotic Drugs to Human Welfare

Certain drugs raise the level of pain perception, alter the emotional reactions to pain, and produce calmness and sleep. Because the fear of pain is removed, people are more willing to submit to needed surgery. Surgeons can perform difficult operations which would otherwise be impossible; they can also work longer and more thoroughly when operating. Consequently, some narcotics are of inestimable value in hospitals and during warfare. They are used in the treatment of painful illnesses, in surgical operations and in dentistry. Beneficial narcotics include opium, codeine, cocaine, morphine, and Novocain. Their manufacture, distribution, and sale are carefully controlled by international and national law.

Dangers of Narcotic Drugs to Human Welfare

The prolonged use of narcotics by an individual is a social as well as an individual problem. Drug addicts will neglect their bodies, their minds, their jobs, and their families. They may cheat, lie, and steal to obtain their drug supply. In general, drug addiction holds the following dangers:

- physical deterioration, especially of the nervous system
- change of behavior which sometimes results in criminal acts
- undesirable alteration of the whole personality
- devastation of the life of the addict socially, physically, and economically
- ruination of the happiness and well-being of the addict's family
- forcing of society to bear the burden for the addict's care and the care of his dependents.

Kinds of Narcotics

There are three types of drugs: sedatives, stimulating drugs, and hypnotic drugs.

The sedatives include opium, marihuana, heroin, morphine, and their derivatives and synthetics. They give a feeling of euphoria (state of well-being). Those addicted to these drugs will commit vicious crimes only when very desperate. The primary source of marihuana is Mexico.

The stimulating drugs are cocaine and the amphetamines. They give the addict a lift and simulated courage. Persons using these drugs generally commit vicious crimes. These drugs are scarce in the United States and their chief sources are in South America. Long-term addiction to these drugs causes hallucinations and a state of depressive mania. This addict is the type who will commit any kind of crime.

The hypnotic drugs are those which are used to put a person into a stupor or a state of unconsciousness long enough for another person to commit a crime on the drugged victim. Usually, these drugs are put into drinks and they are quick-acting. If a large dose is given, it can be fatal.

Marihuana and heroin are the drugs which are used most commonly and illegally by adolescents and young adults.

Synthetic Drugs. The synthetic drugs are manufactured and distributed in the United States under the same controls as are applicable to opium and its derivatives. These drugs are produced under the manufacturer's trade name. They can be imported legally, and they include all drugs which are addiction-forming or addiction-sustaining:

Demerol
Dolophine
Dromoran
Methadone.

Drugs Which are Addicting and Legally Controlled. The following drugs are addicting and are legally controlled through the Harrison Narcotic Act and the Marihuana Tax Act:

opium and its derivatives

codeine
Dilaudid
heroin
metopon
morphine

morphine-like synthetic drugs

Demerol
Dromoran
Isomethadone
meperidine hydrochloride
Methadone

cocaine

marihuana.

Some Other Drugs Which Are Habit-Forming. Some of the other drugs which are habit-forming are the following:

alcohol
amidoné
amphetamine (Benzedrine)
barbiturates
bromides
peyote (mescaline)
tranquilizers.

Major Types Used in the United States. The major types of addiction-producing drugs which are used in this country are the following:

barbiturates
hypnotics and sedatives
marihuana
opium and its derivatives
paraldehyde
synthetic analgesics
tranquilizers.

The drugs which are most popular with addicts are Dilaudid, heroin, methadone, and morphine.

Definitions and Common Expressions

The following are terms which are commonly used in connection with drug addiction.

addict	A person who gives himself over to a habit, especially of taking a drug; "junkie," "weed-head," "cokie," "hop-head."
barbiturate	"Goofball."
cannabis	A term for marihuana; Cannabis sativa and Cannabis indica are names of the plants from which marihuana comes.
capsule	"Bean" or "cap."
cocaine	"C," "coke," "snow," "happy dust," "sleigh ride."
drug	Any substance used as a medicine or in making medicines for internal or external use; to be used properly for the cure, mitigation, or prevention of diseases.
drug addict	An individual who can't get along without a narcotic drug.
drug addiction	The habitual use of a substance which induces a false sense of mental and physical well-being in the user.

drug source	"Connection," "supplier," "pusher."
equipment	"The works."
fix	Another shot or injection of the drug (heroin).
habituation	An emotional or psychological dependence upon a drug.
hashish	A common term for marihuana.
habitual addict	Commonly called a "junkie," "add," "cokomo," "jabber," "gow-head," "junk-hog," "viper," "gowster."
heroin	Commonly called "white stuff," "snorting" (sniff), "H," "horse," "junk," "scar," "boy."
heroin packet	"Deck," "joint," "pack."
hypodermic needle	"Spike."
Indian hemp	A common term for marihuana; the plant from which the drug comes is often called hemp.
marihuana	"Hemp," "reefer," "stick," "miggles," "weed," "pot," "tea."
marihuana cigarette	"Reefer," "Mary Warner," "fu," "greefo," "Indian hay," "Mohasky," "loveweed," "muggles," "bo-bo," "mutah," "goof butts," "sticks," "Mary Jane," "bomber."
mixture of heroin and cocaine	"Speedball."
morphine	"Old Steve," "Racehorse Charlie," "sweet stuff," "sugar," "God's medicine."
Nalline	An opiate antagonist used in treatment of addiction and which, when injected, will promptly bring on withdrawal symptoms in a person using opiates.
narcotic	A drug which in moderate doses allays sensibility, relieves pain, and produces profound sleep; in poisonous doses it produces stupor, coma, and convulsions; it may be fatal.
a novice	Commonly called a "joy popper."
peddlers	"Swing men."
physical dependence	A physiological alteration which necessitates the continued use of the drug when a drug is repeatedly used over a long period of time.

running cold	Withdrawal from addiction; "kicking the habit."
to take drugs	"Take a fix," "take a bang," "shoot up," "take off."
to purchase drugs	"Score," "cop."
tolerance	A need to increase the dose to obtain an effect similar to the original dose when the drug is administered repeatedly over a long period of time.
user of drug by injection	Commonly called a "mainliner."
other words used to identify drugs, addicts, peddlers	"boy", "cloud rider," "H", "scat," "girl," "junk."

Role of the Teacher

If a teacher knows that a student (or a group of students) is using or is thought to be using narcotics illegally, the teacher should notify the school principal quietly and immediately. The principal will contact the proper authorities. School personnel should avoid becoming involved in any way other than to report recognized or suspected incidents of drug users or sellers.

Some of the ways in which detection may be accomplished are:

observing students while they are in class

observing students while they are in swimming and gymnasium classes and during screening programs for health purposes

analyzing class talks, discussions, and writings

testing the information acquired by students (in and out of school).

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